



# arena

T R Ø N D E L A G

## Mid-Norway – a region of skills & expertise

Business in Trøndelag: High tempo and great optimism

The most attractive region for business start-ups in Norway

Arena Trøndelag is an extensive Trøndelag-based collaboration project between the counties of Nord- and Sør-Trøndelag, the Trondheim local authority, the Norwegian Labour and Welfare Organisation (NAV), the Norwegian Confederation of Trade Unions (LO), the Confederation of Norwegian Enterprise (NHO) in Trøndelag, Innovation Norway, Trondheim Association for Business and Industry and SpareBank 1 Midt Norge.

Arena Trøndelag's role is to set the agenda for debates on value creation and development in Trøndelag. This special issue contains a brief presentation about Mid-Norway which we hope will arouse your interest in Norway's most attractive region for business start-ups.

If you would like extra copies, please e-mail:  
gro.kleveland@trondheim-chamber.no

Access Mid-Norway will be your door opener to the region of Mid-Norway. Considering your needs on a case-by-case basis, we will supply the information and assistance you need in order to familiarise yourself, your family or your company with Mid-Norway.



Access Mid-Norway  
P.O. Box 1760 Sentrum  
NO-7416 Trondheim, Norway

Telephone: +47 73 60 59 02  
post@accessmidnorway.no  
www.accessmidnorway.com

Editorial responsibility: Røe Kommunikasjon  
Contributor: Access Mid-Norway  
Design and production: Bennet AS  
Printers: Trykkpartner Lade AS  
Circulation: 2,000 copies

## Table of contents

High tempo and great optimism .....	3
Proud past, great future .....	4

### Priority areas

The most attractive region for business start-ups in Norway .....	6
Aqua Nor – an international meeting place for the aquaculture industry .....	8
The energetic region .....	9
A key technological centre .....	10
Everyday life in Mid-Norway .....	11



Photo: NTNU Info/Rune Petter Ness



# High tempo and great optimism

A high tempo and great optimism characterise business in both North and South Trøndelag. Growth is particularly strong in the oil supplier sector and in services targeted at the business community. There is a great deal of optimism regarding the future, and there are firm expectations of continued growth.

The two counties complement each other well, and primary industry also plays an important role. The oil supply sector and the service sector are forecast to show the strongest growth. With the exception of the trade sector, all business areas are increasing their investments.

## Kindergartens mean more investment

The construction of kindergartens is contributing to increasing investment in the municipalities. The service sector is also investing heavily. In general terms, profitability is developing positively, although the trade sector is reporting unchanged profitability. What is more, there are indications that profitability in the building and construction sector is improving. As regards the export industry and the service sector, both are enjoying good growth in profitability.

## Employment

Employment in the region is growing, with unemployment at its lowest level for five years. In the industrial and trade sectors, employment remains constant, while in the building and construction industry and the service sector, it is growing strongly. There are also clear indications that public sector employment is on the rise.

It is likely that the price of goods and services intended for private households will rise only moderately in the near future. There are more indications than previously that prices are now increasing in building and construction.

Consumer goods prices have increased, but the rate of increase is still low, even after the turnaround in market conditions.

## Going well

The business community is going well in the region. The proportion of businesses reporting profits was the highest in ten years. The speed of centralisation of the population has increased in recent years, and it is primarily the areas around the biggest towns and cities that have enjoyed the greatest growth. Nevertheless, the business communities in more rural districts have also developed positively.

Sources:  
Knut Vareide & Ailin Aastvedt, *Telemarkforskning* (Telemark Research)  
Norges Bank, Feature  
Thor Egil Braadland, STEP Report

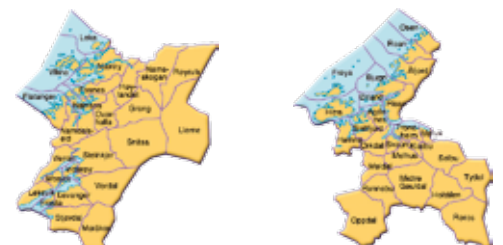
A scene from "The Saint Olav Drama", an outdoor play that has been performed each year since 1954.



# Proud past, great future

Stolt fortid, stor fremtid ("Proud past, great future") is the slogan of the local football team, Rosenborg – a slogan which suits the region just as well as the team. Trøndelag has a fascinating history, but it also has everything in place for a great future of continued growth.

Sources:  
[www.stfk.no](http://www.stfk.no)  
[www.ntfk.no](http://www.ntfk.no)  
[www.trondelag.com](http://www.trondelag.com)  
Store norske leksikon, Aschehoug & Gyldendal, Oslo 1998.  
Photos: Innovasjon Norge/Terje Rakke.





Trøndelag is home to some of Norway's best salmon rivers.



There has been a renaissance in recent years in local dishes based on local ingredients.

## History

Trøndelag consists of the two counties of Sør-Trøndelag and Nord-Trøndelag. The region borders on the Norwegian Sea to the west, the county of Nordland to the north, Sweden to the east and the counties of Hedemark, Oppland and Møre og Romsdal to the south.

Archaeological surveys have revealed that Trøndelag has been inhabited for thousands of years. In the early Iron Age the region was divided into petty kingdoms governed by a common body of laws.

In the Middle Ages, Trøndelag developed into a power centre, and a number of monasteries, churches and fortresses still survive as a living testament from this time. Olav Haraldsson would play an important role in the region's history. He dreamt of unifying Norway and of converting Norwegians to Christianity. He died in Trøndelag on 29 July 1030 in one of Norway's most famous battles, the Battle of Stiklestad. Olav was buried in Trondheim, and rumours soon began to circulate of a number of miracles taking place around his grave. When his body was exhumed one year later, legend has it that his hair, nails and beard had continued to grow after his death, and he became known as "the Holy". Pilgrims came from all over the world to pay homage at his grave in Trondheim, and the city became one of the most important of Christendom's pilgrimage destinations along with Rome, Jerusalem and Santiago de Compostela. Nidaros Cathedral, northern Europe's largest cathedral, was erected in Olav the Holy's memory. During the period from 1152 until 1537, Trondheim was the seat of the archbishop, and today it continues to be a major centre for the church.

## Nature

Trøndelag offers everything from coastal scenes through untouched mountain scenery to national parks. Endless fresh air is on offer, and there are countless options for anyone who appreciates unspoilt nature. The region can offer many of Norway's best salmon rivers, and is a mecca for all anglers.

## Culture

Trøndelag boasts a rich cultural offering. The region is particularly well known for its many historical plays performed outdoors every summer by both professional and amateur participants. The best known of these is "The Saint Olav Drama", which has been performed every year since 1954.

Trøndelag can claim proud culinary traditions based on local ingredients. The best known of these is *sodd*, a clear broth containing meatballs, potatoes, carrots and lamb. Trøndelag has been influenced and enriched by foreign food trends in recent years, but it has nonetheless managed to preserve its local culinary traditions and their history.

The region is also home to a thriving music scene, and is known in particular for its many rock bands, many of whom are happy to sing in their local dialect. Trøndelag hosts a number of rock festivals of varying sizes each summer. In 2005 the decision was taken to establish a national cultural centre for rock in Trøndelag, which will host a number of facilities including a national rock museum. Planning of the centre is now fully underway.

## Getting there

**Trøndelag is easy to reach – by car, boat, plane or train.**

Trondheim Værnes airport is an international airport with many daily domestic and international departures. There are also regional airports at Namsos, Røros, Rørvik and Ørland.

While two railways, Dovrebanen and Rørosbanen, connect Trondheim to Oslo, north of Trondheim the Nordlandsbanen runs up to Bodø and from Stjørdal, 30 kilometres north of Trondheim, Meråkerbanen runs to Sweden.

The E6 trunk road connects most of Trøndelag's major centres of population. The E14 starts in Stjørdal and runs to Sundsvall in Sweden, while the E39 starts south of Trondheim and runs to Møre og Romsdal. Trøndelag is an important junction for goods traffic coming from the coast, from the north and south of Norway and from Sweden.

# The most attractive region for business start-ups in Norway

Skills and expertise form the core of our regional identity. One of the strengths of Mid-Norway lies in the region's outstanding education and research facilities.

A number of individual fields stand out through their potential for future growth and development:

## Health and Medical Technology

Med Tech Trondheim is a company which is co-owned by Sør-Trøndelag county council, St. Olav's Hospital, NTNU and SINTEF. Its objective is long-term commitment to medical technology, innovation and business development, with a focus on such matters as the operating theatre of the future, medical IT and medical simulators.

There are a number of exciting projects at present in the region. The 'Operating Theatre of the Future' at St. Olav's Hospital, designed in close collaboration with the Norwegian University of Science and Technology, demonstrates the most advanced technology available for 3D ultrasound surgery. Two entirely new operating theatres act as unique laboratories for the development, testing and adoption of new technologies and new methods of treatment.

The HUNT (Nord-Trøndelag Health Survey) project is now into its third phase, covering all inhabitants of the county over the age of 13. As part of this project, the HUNT Biobank in Levanger opened in 2007, and by the end of 2008 the bank will contain DNA from 200,000 individuals. This will give a unique basis for national and international research. The aim is increased knowledge about major public health issues, such as cancer, diabetes and psychiatric disorders.

## Oil, Gas and Energy

Proximity to the Norwegian Sea, access to technology, R&D facilities and a skilled labour force make Mid-Norway an ideal location for companies in the oil and gas industries. The region has more than one thousand researchers in oil & gas related R&D, 120 companies with a total of 4,400 employees in the region's petroleum cluster, and more than one thousand graduates in oil & gas related fields annually.

## ICT Wireless Communication

Trådløse Trondheim (Wireless Trondheim) is a research and development project providing expanded access to the Internet for many. The official opening of the project was on 26 September 2006, making Trondheim one of Europe's first wireless cities. In a region that will soon offer full broadband coverage, the next step is to take advantage of the opportunities offered by wireless and mobile technology.

## Aquaculture and Marine Resources

Mid-Norway has a varied coastal zone which is important for both farming and fishing activities. Fishing and fish farming account for a large part of the export from Mid-Norway. With the opportunities that exist in aquaculture this industry will continue to be a significant part of the economy in Mid-Norway.

## Environmental technology

New technologies for sustainable energy production are important to meet future energy demands and to save our environment. Cleantech is the way forward.

In Mid-Norway 145 enterprises with a total of 2,000 employees work in the field of cleantech. In addition more than 40 power production companies include activities related to renewable energy and environmental technology. These companies cover a wide range of areas in cleantech, several of which are closely connected.

# Aqua Nor

– an international meeting place for the aquaculture industry



Trondheim hosts major fishery and aquaculture trade fairs every year. In 2007 'Aqua Nor', which primarily focuses on aquaculture, attracted 400 exhibitors from 23 countries. In the space of four hectic days, they presented their latest technological and equipment-related developments to thousands of interested visitors. This makes Aqua Nor one of the world's leading technological meeting places for fish breeders, exhibitors, authorities, researchers and industry.

It is no coincidence that the trade fair was held in Trondheim. This industry plays, and has long played, an important role in value creation and employment in Trøndelag. Today, fish is the region's largest export commodity. Salmon and trout are the most important farmed species in Mid-Norway, but there is also some farming of other marine species, like cod and halibut, and some blue mussel production. In total, Mid-Norway exported 144,000 tons of farmed salmon and trout products in 2005. Mid-Norway is also the most important processing region in Norway, with approximately 35,000 tonnes of whole fish equivalents processed. This is about 40 % of all processed fish in Norway.

Aqua Nor has also established itself as a meeting place for fisheries authorities in countries with a growing aquaculture industry. National and international fisheries authorities from Canada, Spain, Scotland and India all addressed this year's trade fair.

The next trade fair is Nor-Fishing, which will be held from 12–15 August 2008. You can find out more at [www.nor-fishing.no](http://www.nor-fishing.no)



Aqua Nor exhibits cutting-edge aquaculture technology.

« Norway is one of the largest seafood producers in the world, surpassed only by China, Peru, India, Indonesia and Chile. »

## Priority areas

Aqua Nor and Nor-Fishing have consolidated their respective positions as Norway's most important aquaculture and fisheries trade fairs and will continue to attract the full attention and support of the authorities in the future.

Helga Pedersen,  
Minister of Fisheries and Coastal Affairs,  
in her opening speech.



Both exhibitors and visitors can enjoy Trøndelag's traditional hospitality and friendliness at Aqua Nor.

# Three trade fair exhibitors



Name: Jorge Torres L.  
Company: Astaxanthin Partners Ltda.  
Country: Chile

We produce natural astaxanthin, which is used for the pigmentation of salmon. This trade fair is a perfect opportunity for us to meet many interested parties from the industry, and we have several different nationalities represented here.

Our previous sales manager had a base in Norway, in Lofoten to be precise, and I would be very surprised if we did not link up with Norway again in the future as there is a very high level of aquaculture expertise here.



Name: Dr. Jaime Orellana  
Company: Erwin Sander  
Country: Germany

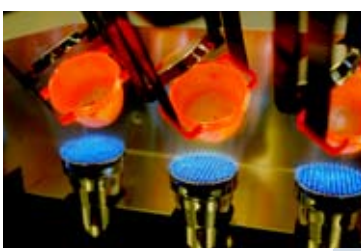
We are delighted with the response we have received here at Aqua Nor. This is the third time I have participated. The trade fair is a great place to cultivate old relationships and get to know new people within the aquaculture industry.

Trøndelag is an exciting place for industry players like ourselves, not least due to the research environments based around the Norwegian University of Science and Technology (NTNU) and SINTEF. Trondheim is gradually beginning to feel a little like home, and this is an extremely beautiful area.



Name: Darren Hanson  
Company: YSI Environmental  
Country: United Kingdom

This is the fourth time I have participated at Aqua Nor, which is an extremely important trade fair for us as many of the people we want to meet come here. Through our collaboration venture with Salmar in Frøya, we are very familiar with the aquaculture environment in Trøndelag. A lot of exciting and relevant research is also currently being undertaken in the region.



NTNU Infotone: Pjeter Ness

# The energetic region

There is a lot of energy in Trøndelag. The region's music, winter sports heroes and the pride of Trøndelag, the Rosenborg football team, are all characterised by high levels of energy. Large petroleum reserves are to be found off the coast, while much of Norway's leading energy expertise is assembled onshore.

**Welcome to energetic Trøndelag.**

One of the main reasons why Trøndelag, together with Norway's capital, possesses the country's leading industrial expertise is a future-orientated, long-term focus on energy and petroleum technology.

## Local and global

The major Norwegian companies Hydro and Statoil have been using and developing expertise and technology in close co-operation with Mid-Norway's various expertise bodies for a number of years. This technology is world-leading and acknowledged by the global energy industry. On 1 October 2007, the two companies merged to form StatoilHydro, and the company has extensive activities in Trøndelag. StatoilHydro's research centre, the largest industrial research centre in Norway, is located at Rotvoll on the outskirts of Trondheim. The research centre has promoted pioneering technology and innovations within the offshore industry and energy for many years, in close collaboration with other research institutions, universities and colleges in the region. Technological solutions provided by this centre could play a decisive role in initiatives to solve climate problems in the years to come.

StatoilHydro could be said to be adopting both a local and global approach in its search for expertise in Trøndelag. The company performs its activities in close collaboration with the local community, which provides a large pool of skilled employees. StatoilHydro itself describes the skills available at the Norwegian University of Science and Technology (NTNU) as "extremely relevant". However, many of the company's employees also come from abroad, and StatoilHydro's Stjørdal site employs staff from fourteen different countries. StatoilHydro's focus on Trøndelag has resulted in a number of major spin-off effects for the region. Many major international groups, including Vetco, Kongsberg, ABB and Saipem, have established themselves in the area as a result of StatoilHydro's decision to base its operational organisation in Stjørdal.

There is an extensive employment market for the oil and gas industries in Trøndelag and Mid-Norway. For example, around one thousand researchers work within petroleum-related businesses in the region. A total of 4,400 specialists spread over 120 companies work in the Mid-Norwegian oil and gas cluster.

There is a high degree of innovation in Trondheim, and the city's technology and petroleum environments are continually generating offshoots. Companies headquartered in Trondheim include emgs and Petra. ElectroMagnetic GeoServices AS (emgs) is the world's leading offshore technology company within seabed logging, a technology that is used to locate oil and gas below the seabed using electromagnetic radiation. The company was established on 1 February 2002 by a Trøndelag-based founder who had previously worked at Statoil. One innovative and expansive oil company based in Trondheim is Petra, often called 'the oil mosquito'. Petra is an independent oil company that focuses on exploration and the construction of

small and medium-sized petroleum resources on the Norwegian continental shelf. In October 2007 it was announced that Petra would merge with Det Norske Oljeselskap, thereby becoming the second largest oil company in Norway. The new company will be known as Det Norske Oljeselskap, and its head office will continue to be in Trondheim.

## Norway's energy and environment capital

The energy industry's work to solve the pressing climate challenges of the future has greatly benefited from its proximity to expert bodies connected with environmental and sustainable development research. The fact that Trondheim strives to be Norway's undisputed environmental capital plays an important role in this context. A whole series of national institutions, active within the areas of energy and the environment, are located in the city, and are constantly being joined by new institutions. One example is Enova, a public enterprise that reports to the Ministry of Petroleum and Energy and that was established to promote an environmentally friendly readjustment of energy consumption and production in Norway.

Training students and performing research within businesses connected with petroleum, power and the metal industry are core activity areas for the NTNU and SINTEF. In the future, these institutions will be leading premise providers for new technology and innovative solutions on both the national and international stage. The regional energy players also lead the way in their respective areas of focus. Nord-Trøndelag Elektrisitetsverk is a leading player within wind power in Norway, while Trondheim Energi has made Trondheim a model for the provision of district heating supplies.

## Oil technology power centre

The Mid-Norway triangle of NTNU/SINTEF – StatoilHydro Rotvoll – StatoilHydro Stjørdal is nothing less than an internationally configured oil technology power centre. The close proximity of these organisations presents the perfect opportunity to bring students, researchers, engineers and technology users together to research and qualify the technology of tomorrow. Seen in this light, Trøndelag is itself a laboratory, with a highly qualified workforce, excellent living conditions, dedicated regional and local authorities, and world-leading energy and petroleum expertise.

« ScanWind Group AS is a newcomer in the windpower market. The company is active in the design, assembly and sale of large wind turbines. Since starting up in 2000, ScanWind has implemented one of the largest technology-development projects in Norway during the period. »

# A key technological centre

Trøndelag is home to cutting-edge international teaching and research environments and strong industrial clusters. The region also has long traditions in the fields of trade and finance. In fact, Trondheim is the technology capital of Norway. Moreover, the region has significant ambitions and plans for increasing the focus on technology, co-ordination and competence, so conditions for new growth are excellent.

NTNU in Trondheim is one of the spearheads of Norway's education and research environment.

For almost a century, the leading technological professionals in Norway have been based in Trondheim. This is one main reason why the city is now the site of several world-leading centres of excellence and is rightly known as the technology capital of Norway.

## NTNU/SINTEF – 'world class'

The spearheads of technological development are the Norwegian University of Science and Technology (NTNU) and SINTEF. NTNU has primary responsibility for higher technology education in Norway and is the second largest university in Norway, with 20,000 students. SINTEF is the largest independent research organisation in Scandinavia and employs 1,300 people in Trondheim. In line with its vision – "Technology for a better society" – SINTEF develops research-based knowledge in the fields of technology, natural sciences, medicine and social sciences. Both NTNU and SINTEF are termed "world class" by international experts.

## The thousand buds are blooming

Competence from Trøndelag has played a crucial role in the growth of modern Norway. The development of the thriving technological environment in Trondheim has been accompanied by the growth of a future-oriented and thoroughly modern business community. The energy giant StatoilHydro has chosen to site its research centre in Trondheim, and it will be managing its Snøhvit project (expected to generate revenues of the order of NOK 200 billion in the period from 2007 to 2030) from Stjørdal.

The region has nurtured international pioneers in modern aquaculture, the maritime sector, environmental technology and ICT. The medical-technological and ICT business sectors are also enjoying almost explosive development. The fact that Google has chosen to locate a research and development centre in the city, in parallel with the establishment of Fast and Yahoo operations, is yet another indication of the competitiveness of the region. There are many examples of exciting and innovative industrial centres in the region, such as in Orkanger, Leksvik, Stjørdal and Verdal.

## OECD: Knowledge is the key

Trøndelag is one of 14 regions involved in an OECD project centred on regional development and the role of the higher education institutions. In its conclusion, the OECD highlights the fact that it is precisely this focus on knowledge-based business that will prove crucial to continued growth in the region. More collaboration is required to release the inherent knowledge potential. Closely targeted work is being done to establish and develop actual partnerships, and to generate better working relationships between the major Trøndelag competence institutions and the business community. Political authorities have placed this item high on the agenda, and the political collaboration institute called Trøndelagsrådet (The Trøndelag Council) – comprising the Counties of South Trøndelag, North Trøndelag and Trondheim – is strongly committed to assuring the necessary co-ordination and collaboration, particularly in the field of research and development.

## Friendly and technological

In addition to being a technological heavyweight, Trøndelag is aiming to become better known for the high quality of life it offers. All the locals are familiar with the song Trivelige Trøndelag (Friendly Trøndelag). The excellent lifestyle in Trøndelag is also an advantage when it comes to attracting skilled workers. According to Knut Magne Risvik, Google's Development Manager in the city, it is "important to Google that Trondheim is a friendly city to live in. This makes it easier to recruit the best people." In other words, Trøndelag is both friendly and technological at the same time.

Professor Markko Sotarauta, during the presentation of the OECD report entitled "Supporting the Contribution of Higher Education Institutions to Regional Development", Peer Review Report: Trøndelag (Mid-Norwegian Region), September 2006

« PHARMAQ in Namdalen is the only global veterinary pharmaceutical company with a primary focus on aquaculture. »

# Everyday life in Mid-Norway

Despite the fact that everyday life can get quite hectic, life in Mid-Norway is great for families with young children, according to Nina Higrapp and her partner Eyvind Thomassen.

The Higrapp-Thomassen family is a typical Norwegian family with young children. Mum Nina works in a kindergarten, while dad Eyvind is a self-employed taxi driver. Their young son, 20-month-old Endre, is looked after full-time at kindergarten while his parents are at work.

When Endre was born, Nina chose to stay home on 80 per cent of her full salary. Eyvind took five weeks' paternity leave under what is known as the 'father quota', which the Norwegian authorities have since extended to six weeks. "We were never in any doubt that we wanted to make use of the 'father quota'. We both thought that it would mean a great deal to both father and son if they could spend time together during this early phase," says Nina, while Eyvind nods in agreement. They are friends with a number of couples where the father has chosen to take extended paternity leave to be with the children for a longer period.

## Support from Grandma

When Nina's maternity leave was over, she returned to her old job, working full-time again. For the first seven months, Endre was looked after by his grandmother, a situation that suited everyone well. "Endre and Grandma had a great time together. The local church organised an 'open kindergarten', where Endre had a wonderful opportunity to meet other children. I think we were lucky to have a Grandma to look after him at the start," says Eyvind. Nina adds that, as a kindergarten teacher, she has plenty of experience with one-year-olds, and explains that they are very quick to adapt. Today, Endre goes to the kindergarten where his mother works, although she is in a different department, and he is evidently very happy to be there.

## All together for dinner

Eyvind's working day typically starts at 6 a.m. Nina starts work between 7 and 9 o'clock, and takes their son with her to the kindergarten. Both Mum and Dad make an effort to be home at the same time in the afternoon so that the little family can have dinner together, and the rule is that whoever gets home first makes the dinner. After they have eaten, there is usually time for play and games before Endre has to go to bed. Their days are quite hectic, but Nina and Eyvind are not complaining. "We try to make the best possible use of the time we have together," explains Eyvind.



The Higrapp-Thomassen family feel that arrangements have been well made to allow both parents to remain professionally active.

## Mum is in charge at home

Nina and Eyvind share the chores at home, even though Eyvind has to admit that Nina shoulders most of the responsibility. "I don't think we share the work completely equally, but we are still very different from our parents' generation in this respect. Our fathers didn't do any of the housework at all," says Nina.

The young family thinks that Mid-Norway offers an excellent range of cultural attractions, and they make every effort to take advantage of them whenever they can. Dad has a season ticket to Rosenborg Football Club and sees all their home games. When there is time, the family goes to concerts and festivals, watches films at the cinema, and eats out at restaurants. "The only reason we don't go out more often is that we don't have the time – it's certainly not due to a lack of options," explains Eyvind.

"Life in Mid-Norway is good for a family with young children. The welfare arrangements provide a sense of security, and things like full-time kindergarten places help make everyday life a little easier. Six months ago, we moved into a new terraced house, and we are very happy to have found a good area to live, where Endre can grow up in safe surroundings," conclude Nina and Eyvind.

« In 2007, Norway was ranked the best country to live in by the Human Development report to the United Nations Development Programme (UNDP). It is the seventh year in a row that Norway has held first place on this list. »

## FACTS

- Norwegian parents are entitled to 53 weeks' parental leave at 80 per cent of their salary, or 43 weeks with full pay – up to NOK 364,194 a year.
- Six weeks' of the parental leave is reserved for fathers – the so-called 'father quota' – but the offer is cancelled if he chooses not to take it.
- As many as 70 per cent of those who live together with their partners are aged between 20 and 30.
- Four out of ten Norwegian children are born to unmarried parents.
- A total of 84 per cent of all Norwegian women aged 25–45 are professionally active, and around 40 per cent of these women have part-time jobs.
- 43.4 per cent of all 1-year-olds and 93.3 per cent of all 5-year-olds attend kindergarten (2005).
- The birth rate in Norway is one of the highest in Europe, at 1.8 children per woman.

# Trøndelag in brief

Inhabitants: approx. 405,000

Area: 41,201 km<sup>2</sup>

The region is home to around 8,7 per cent of Norway's population and covers around 10,7 per cent of the country's land area.

Longest river: Namsen (210 km)

Highest mountain: Storskrynten in Dovre (1,985 m)

County towns: Trondheim (Sør-Trøndelag) and  
Steinkjer (Nord-Trøndelag)

The county is divided into 49 municipalities.

## Access Mid-Norway

– your door opener to the region of Mid-Norway

P.O. Box 1760 Sentrum

7416 Trondheim

Norway

Telefon: +47 73 60 59 02

[post@accessmidnorway.no](mailto:post@accessmidnorway.no)

[www.accessmidnorway.com](http://www.accessmidnorway.com)

We thank the owners of Arena Trøndelag:



NHO  
NÆRINGS-  
LIVETS  
HOVEDORGANISASJON  
TRØNDELAG

